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THE INDEPENDENT STUDENT VOICE OF CALIFORNIA STATE UNIVERSITY, SAN BERNARDINO SINCE 1965

Coyote Chronicle

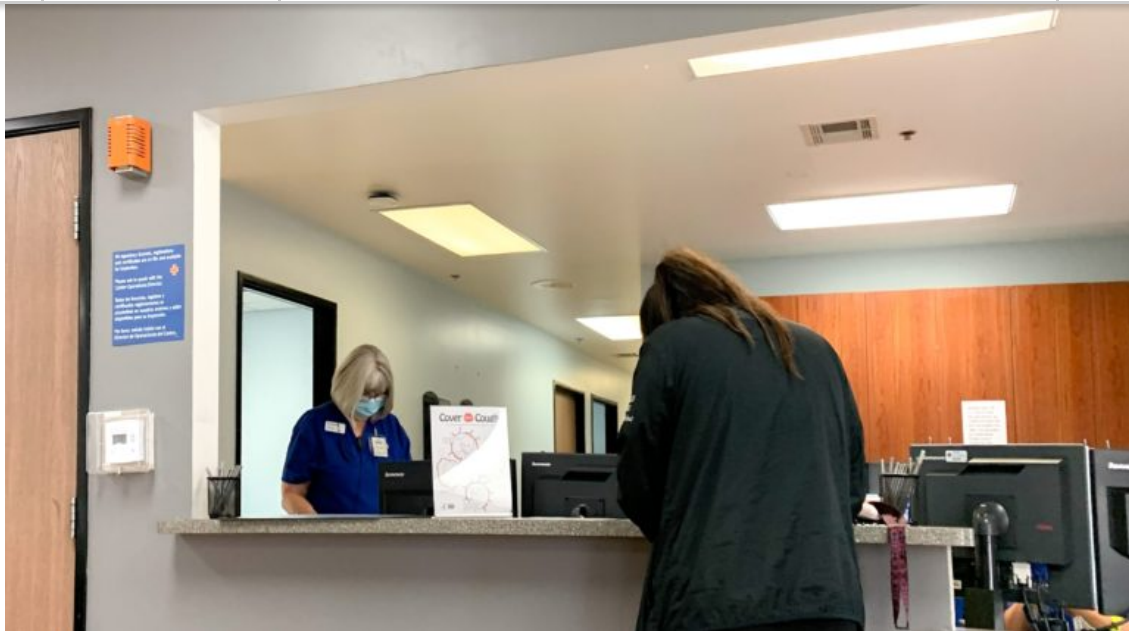


Students learn to cope with online midterms

By Madelyn Moritz |Staff Writer|

Midterms are some of the most chaotic and stressful time for any student. Over the years, students have had to find ways that work for them to get the best grade they can on a hefty test or project, typically scheduled around week five of each term. Due to the pandemic and shift to online setting this quarter, midterms are being handled differently for current students.

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Medical assistant expresses struggles in current global crisis

By Melissa Carrillo [Contributing Writer]

Yadira Ortega, who has worked as a medical assistant (MA) for over a year at the East Side Health Center in Riverside, shares how it is to be an essential worker during this COVID-19 pandemic.

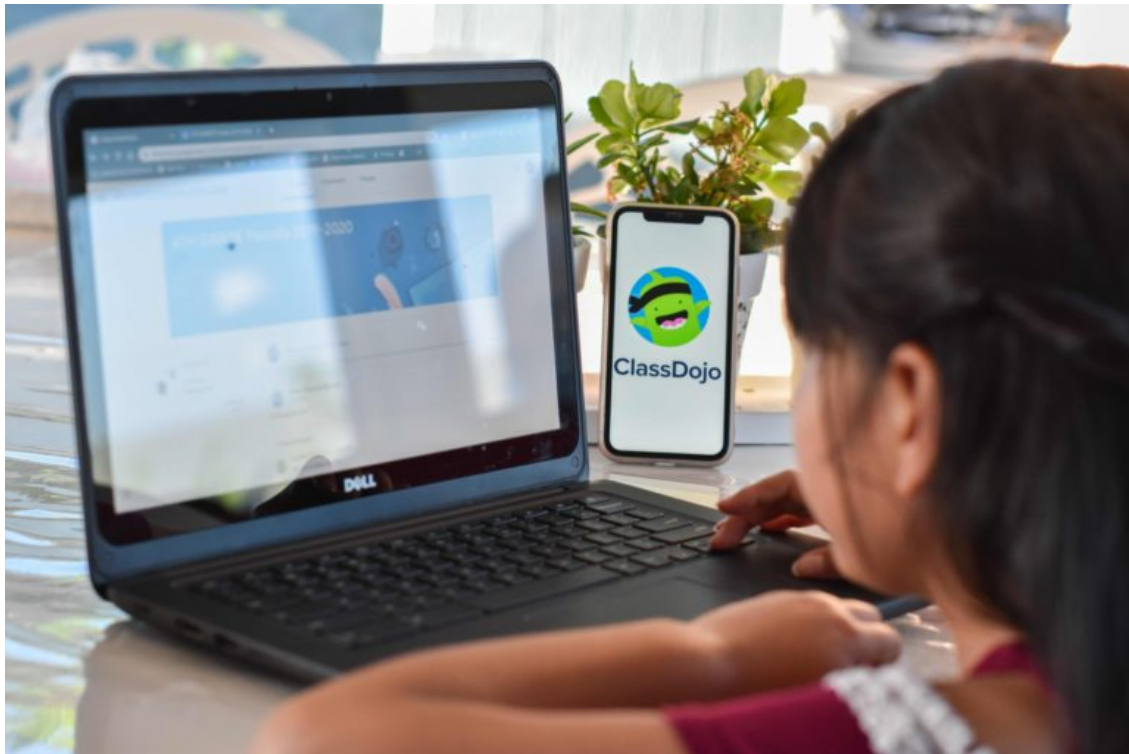
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By Emma Curtis and Tanya Jansen |Staff Writers|

Both veteran and rookie homeschooling parents are giving advice on how to adjust to monitoring their kids' education under quarantine. Ever since COVID-19 caused school districts to temporarily shut down and turn to online teaching, parents are finding it hard to acclimate to a new school environment in their own homes. For many parents who were already homeschooling their children, quarantine learning is no big change.

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**Program facilitator on distance learning**

By Valerie Mann |Contributing Writer|

San Bernardino Unified School District teachers have transitioned from in-person teaching into an online setting to practice social distancing, as many other school districts have. Program facilitator Krista Bjur of Bob Holcomb Elementary School shared her experiences so far during this pandemic. Bjur has been working for 30 years and this is one of the biggest challenges for her since starting her career.

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Students have epiphanies in the midst of social distancing

By Josie De Vera |Staff Writer|

It has been two months since universities began to temporarily close their doors. Students were sent home for the remainder of the school year and continued to learn in an online setting. As students faced distress to what life would be like while social distancing, others started to realize new things.

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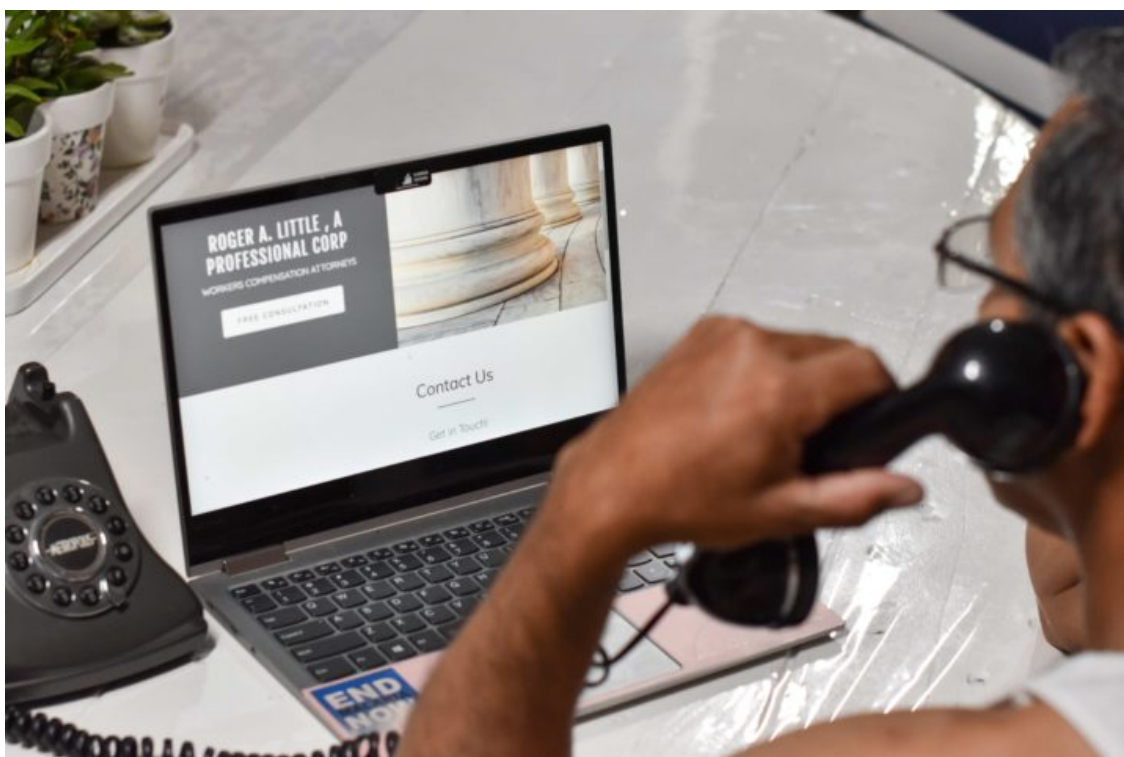


Ways to practice wellness at home

By Sandra Ramirez |Staff Writer|

Self-care routines can be beneficial to have in this time of a pandemic. Since social distancing practices to slow the spread of COVID-19 has left many with uneasiness, wellness practices have become a part of people's routines.

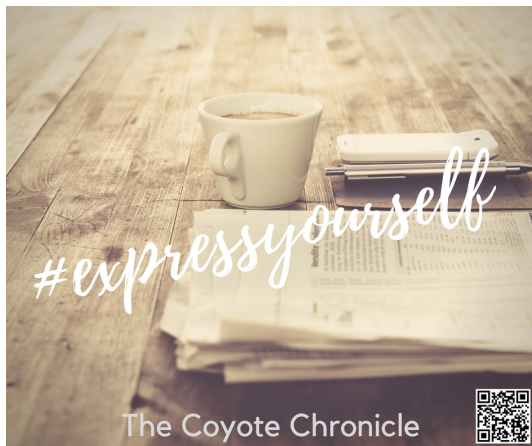
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By Elisabeth Martinez |Staff Writer|

The Law Offices of Roger A. Little is a small and personal law firm that focuses its practice on workers compensation, and they have been adapting to new work methods in order to continue functioning during this COVID-19 pandemic.

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Students learn to cope with online midterms

MAY 13, 2020 BY **MADELYN MORITZ** — [LEAVE A COMMENT](#)

Midterms are some of the most chaotic and stressful time for any student. Over the years, students have had to find ways that work for them to get the best grade they can on a hefty test or project, typically scheduled around week five of each term. Due to the pandemic and shift to online setting this quarter, midterms are being handled differently for current students.

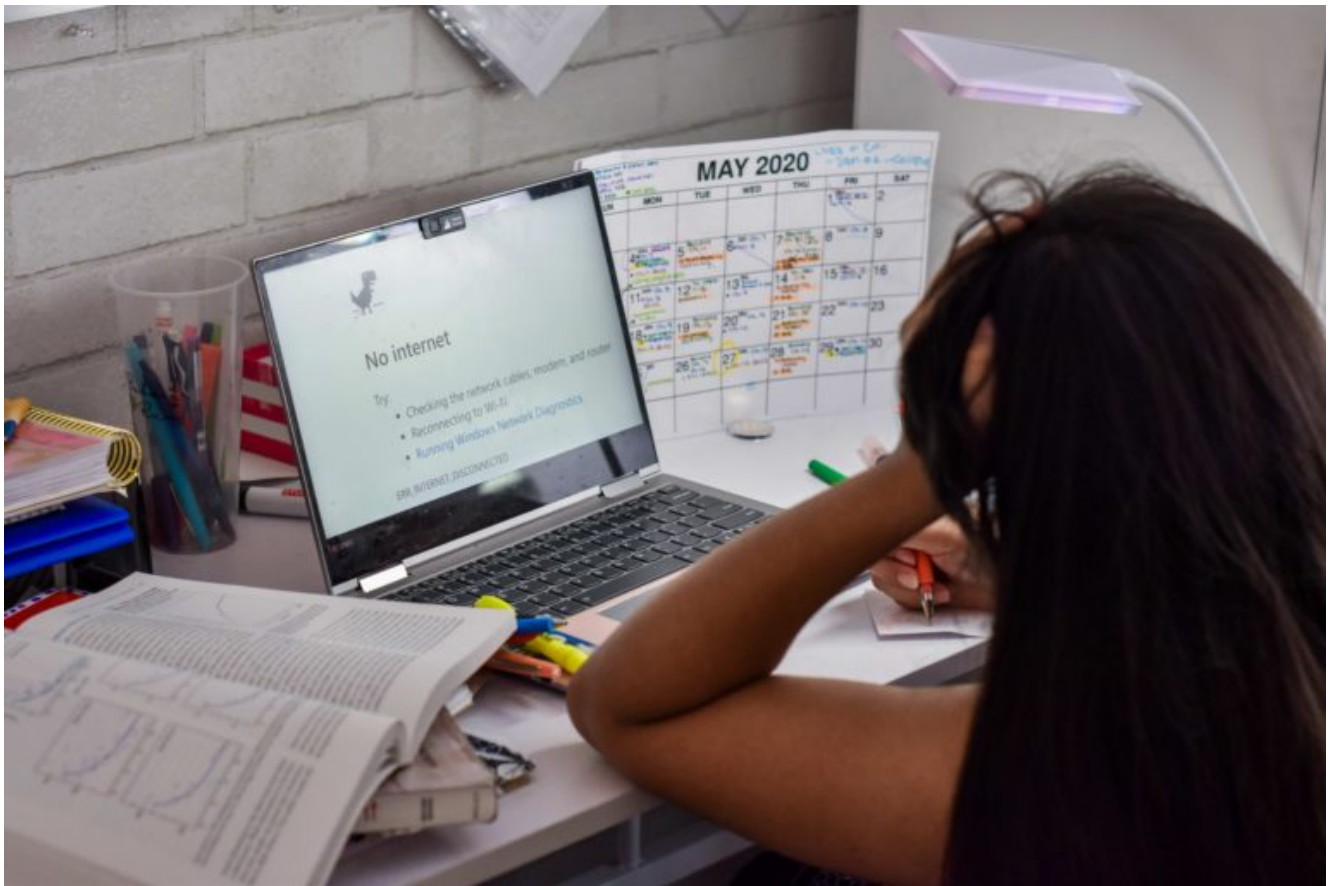


Photo by Citlaly Carlos

With the stay at home order, online classes have reshaped how students have to learn, manage their time and communicate with their professors and classmates. It has changed the way students study and many have never taken an online class before. For this Spring quarter, students have been affected by COVID-19 and midterms are more stressful than ever before.

"Through this whole experience, it's been tough. My math classes are getting harder and some professors still don't understand that some tools aren't obtainable like they would have been on campus. I can't study the way I used to. I don't like the idea of submitting an online math midterm or final and not receiving partial credit for answers graded by a professor rather than a machine," said fourth-year math major, Samantha Valencia.

For many math majors like Valencia, they face the same predicament of how they receive credit for their tests. Anybody who has done math homework online knows that there is no such thing as partial credit. There are right and wrong answers and a simple mistake of a sign will mark your whole problem wrong. At least when students have their tests marked and graded by a professor, they may receive partial credit. That's no longer an option when tests are done online.

The added stress of online tests and lack of connection has had even more serious effects on Valencia's motivation to finish school.

"It has ruined my motivation to finish school or even attend some of my classes. If for some reason this continues into fall, I may make a decision and not enroll back into school," said Valencia

Other students feel as though they aren't learning nearly enough in time for their midterms.

Fourth-year student, John Stever, said, "It's bad. I know I've been in school for four weeks now, but I don't feel like I've learned anything. Then midterms are suddenly coming up and I have no idea what that's gonna be like. It's just ten times more stressful than what it's like on a normal quarter."

Stever has had quizzes fail on him because of poor internet connections and fears that will happen during one of his midterms.

Some students like Roxanne Bogarin, a fourth-year graphic design major, found that online classes were an easier fit for her. "Having classes online is a whole lot better for me since I have a lot more time to work on my projects and work. My midterms will just be online during regular class times."

Whether it's a change for the better or a change for the worse, students and professors are making the most out of these difficult and stressful times. And everybody is in this together at the end of the day. Professors are overall more understanding and lenient towards students, altering assignments the best they can and taking into account the

current circumstances of the world right now.

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Week 2 - Working in PR Remotely



Week 3 - Becoming an Expert in My Client



Week 4 - Project Management and PR



Week 5 - Midterm week!

You get a week with no reading to deal with online midterms in your other classes or to get some work done for this one. Take care of yourselves. remember to communicate with your professors early and often. Many of us are taking our classes online for the first times and we need your feedback to make it work for you!
(Also, you do still have a reflection)



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Q & A: Medical assistant expresses struggles in current global crisis

MAY 13, 2020 BY **MELISSA CARRILLO** — [LEAVE A COMMENT](#)

Yadira Ortega, who has worked as a medical assistant (MA) for over a year at the East Side Health Center in Riverside, shares how it is to be an essential worker during this COVID-19 pandemic.

Close to home in Riverside County there have been 5,039 cases along with 205 deaths. San Bernardino County has 2,964 cases along with 114 deaths, Los Angeles county has 31,677 cases and 1,530 deaths and Orange County with 3,502 and 76 deaths.

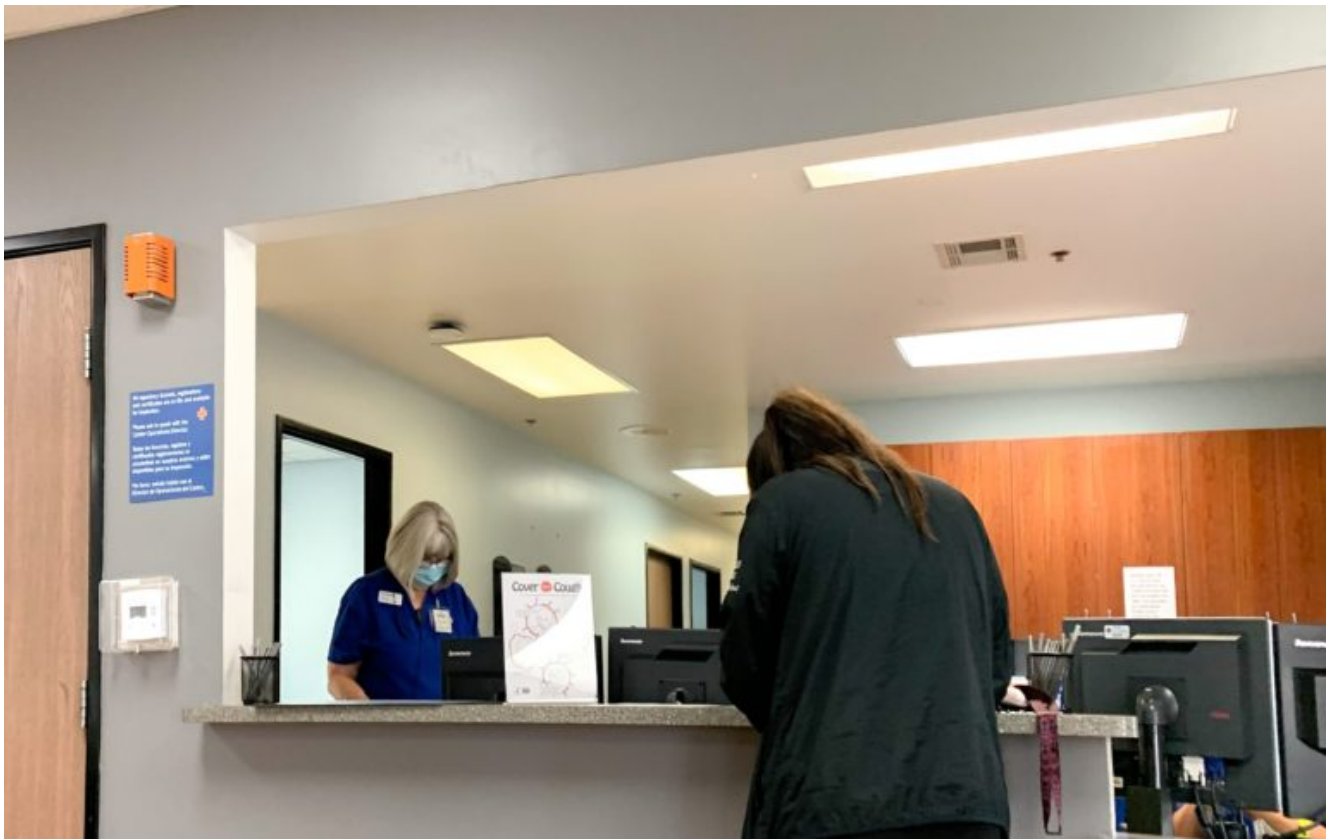
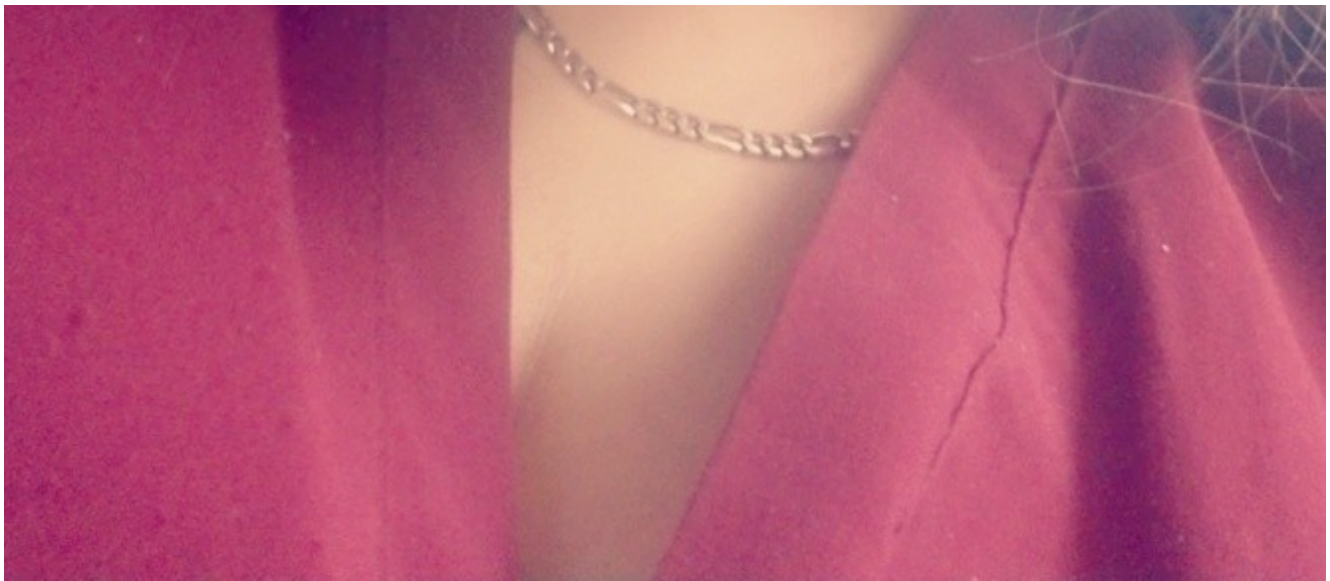


Photo by Angel Martinez Morales.

Q: How many and what kind of patients do you serve?

A: We see patients who need birth control, pregnancy tests or feel sick and need to see a doctor. We serve as many patients as we can in a day that has set appointments, plus walk-ins with three doctors. Currently we only serve patients who are feeling sick and possible, or positive, COVID-19 patients.





Q: Would you say you are risking your life by being an essential worker during this COVID-19 time by continuing to go to work in the medical field as a Medical Assistant at your clinic?

A: Yes, I am risking my life at work during this time for the fact that we are only seeing sick patients and potential COVID-19 patients and testing them. We have already had about 5 patients testing positive for COVID-19 at my clinic and one little mistake we make can cause us to get infected if you don't do proper sanitizing techniques and don't have the proper protective equipment.

Q: What are some of the difficulties your work environment is going through right now?

A: We are not receiving enough proper protection equipment and we are not too sure if we will even be receiving them. I'm not sure if my clinic will remain open due to this conflict.

Q: What made you want to pursue a career in the medical field?

A: I've always been a caring person and liked helping people in need and being a MA I help

people the moment I clock in and the moment I clock out. I've never been the type of person that is not able to see or deal with blood or needles, I am good at it which makes me so good at my position dealing with blood and needles all day long.

Q: How has COVID-19 affected you and your family?

A: It has affected my family by not being able to hug and kiss my kids right away when I get home from work. When I get home from work, I immediately pack up all my clothes in a concealed bag that I've worn at work and take a hot shower before I lay a finger on one of my babies. I am constantly using Lysol on myself and my kids. I work 12 hour shifts so I try to squeeze all their schooling on my days off and they hate it. It's hard because they're little and don't understand that they can't go anywhere.

Q: How has social distancing and this lock down the government has on us affected you and your family mentally and psychologically?

A: Mentally, it sucks. I can't just go and see my friends and my family because I have to be very careful even around my own children. I had to break it to my son that just turned six in March that his big birthday plans were canceled because everything was beginning to temporarily close due to the COVID-19, so I can't reward my kids and give them the family fun night they want and need as much as I did before. The kids' schools are all closed for the rest of the school year and my kids miss their friends and being outside and playing. They miss being in class and visually learning from people who have degrees and experience, and most importantly, patients with kids that I can't give them. Yes, I do homework with each and every one of my kids and try to explain to them the best possible way I can, but they really need a teacher who is a professional at what they do to teach my babies.

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Homeschool advice during quarantine

MAY 13, 2020 BY **EMMA CURTIS** — [LEAVE A COMMENT](#)

By Emma Curtis and Tanya Jansen

Both veteran and rookie homeschooling parents are giving advice on how to adjust to monitoring their kids' education under quarantine. Ever since COVID-19 caused school districts to temporarily shut down and turn to online teaching, parents are finding it hard to acclimate to a new school environment in their own homes. For many parents who were already homeschooling their children, quarantine learning is no big change.

Lanie Vasquez, a 34-year-old mother of two with one on the way, has been teaching her two sons, Carlos, 6, and Sebastian, 3, at home since they were of the age to attend school.

Vasquez is no newbie to homeschooling and has noticed that parents who are now being



Vasquez has neighborhood kids over for crafts during quarantine "recess." Photo by Lanie Vasquez

forced to do it have false assumptions about how it's done effectively.

Coronado says that the most important thing for parents who have been forced to homeschool is finding a support group. "You can't be afraid to admit that you need help. And I think that's hard to do sometimes because we all want to think that we have it all together. But we don't. Let's be real. All of us don't have it all together all the time."



The virus may have some positive effects, says Coronado, since families are beginning to slow down, take time to relate, and be a family. Photo by Tanya Jansen.

On top of having to switch to at-home-schooling, parents who have jobs that have closed since quarantine are now having to work from home.

Julianna Rea, a 31-year-old virtual assistant, is a mother to a preteen and kindergarten student at home.

"This is my first time working from home or homeschooling, so having to do both has been really challenging," said Rea. "It's almost impossible to devote 100 percent of your time to both your kids and your job. I've found it helpful to incorporate some of their lessons into my own work so we are all getting something done at the same time."

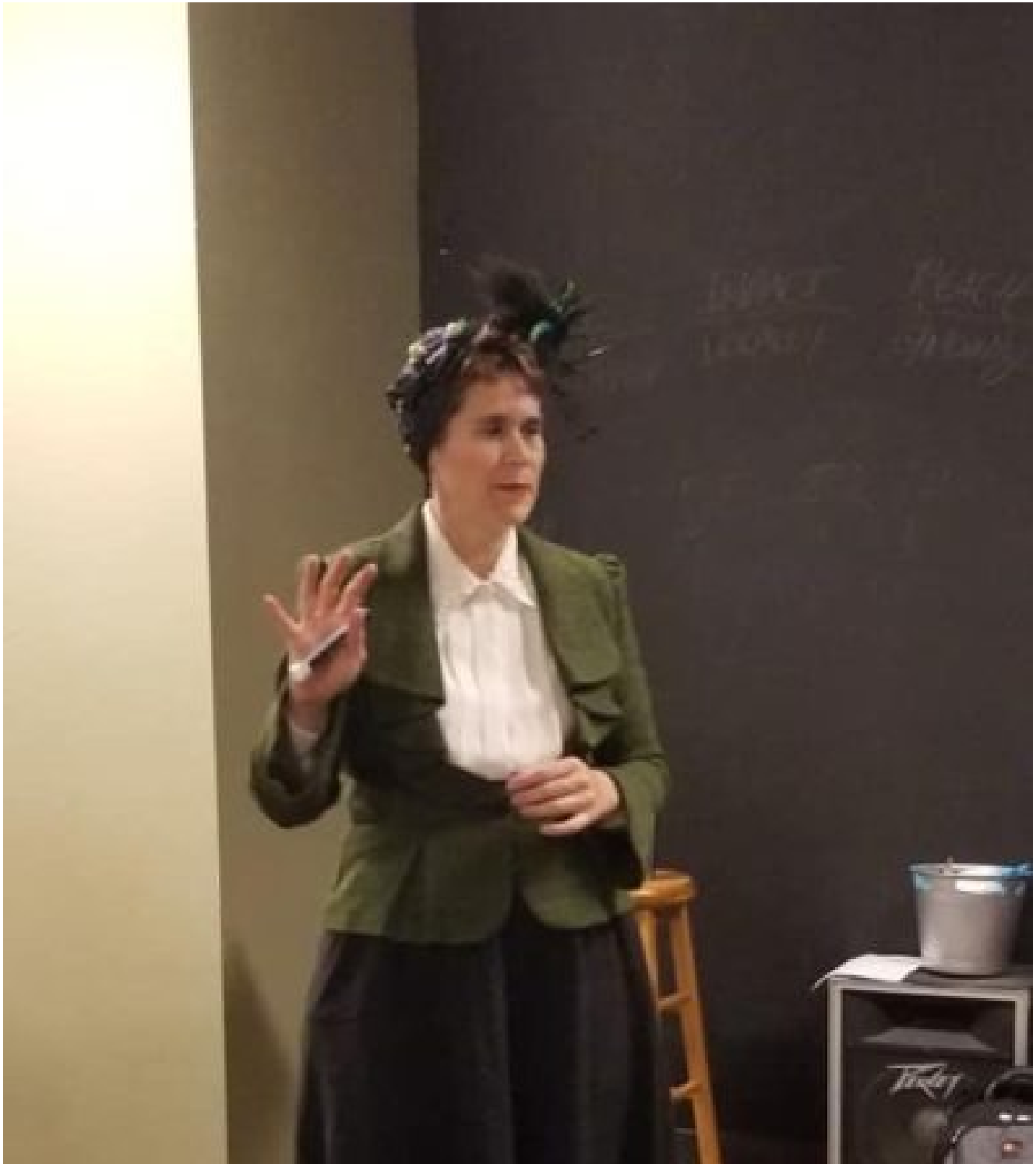


Rea has dedicated a section of her house to her kid's schoolwork. Photo by: Julianna Rea

Rea has a strict schedule both her and her kids follow to ensure they are getting the most out of their days at home.

"It makes it more fun for my kids knowing that I'm being forced to work too and it's not just them," Rea said.

Homeschooling is not a one-size-fits-all according to Mary Kridler, a home school teacher of 15 years who works with homeschooling families.





Families who have been forced into homeschooling because of COVID-19 are terrified, according to Kridler. Photo by: Mary Kridler

"If all we are there for is to do a thing and then hand it in, we've accomplished a task but have we really gained anything by it? Have you really learned anything by it? Any type of school, whatever it is, needs to represent authentic learning," Kridler said.

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"Ever since the schools shut down, parents are focused so hard on trying to mimic their child's school life at home," Vasquez said. "Re-creating an eight-hour school day is impossible when you're also trying to now balance your job from home. Make a schedule with your kids and find times that work for both of you."



Shauna McEachern

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As a single mama trying to navigate [#workingfromhome](#) and [#homeschooling](#), it feels like I am never done. And I now know that we are never supposed to be done, BUT that doesn't mean we can't make it easier. One dish dinner for the win [#COVID—19](#) [#adulthood](#) [#edtech](#)

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Vasquez struggles to help her kids differentiate between the two mindsets they have at home and at school, but acknowledges that it is difficult for them too.

Your kids are adjusting too, so they're not gonna feel comfortable sitting through a whole day of school at home.

— Lanie Vasquez

Time in school does not have to be sitting at a desk doing a worksheet either, according to Stacy Coronado, a mom who has been homeschooling for 17 years.

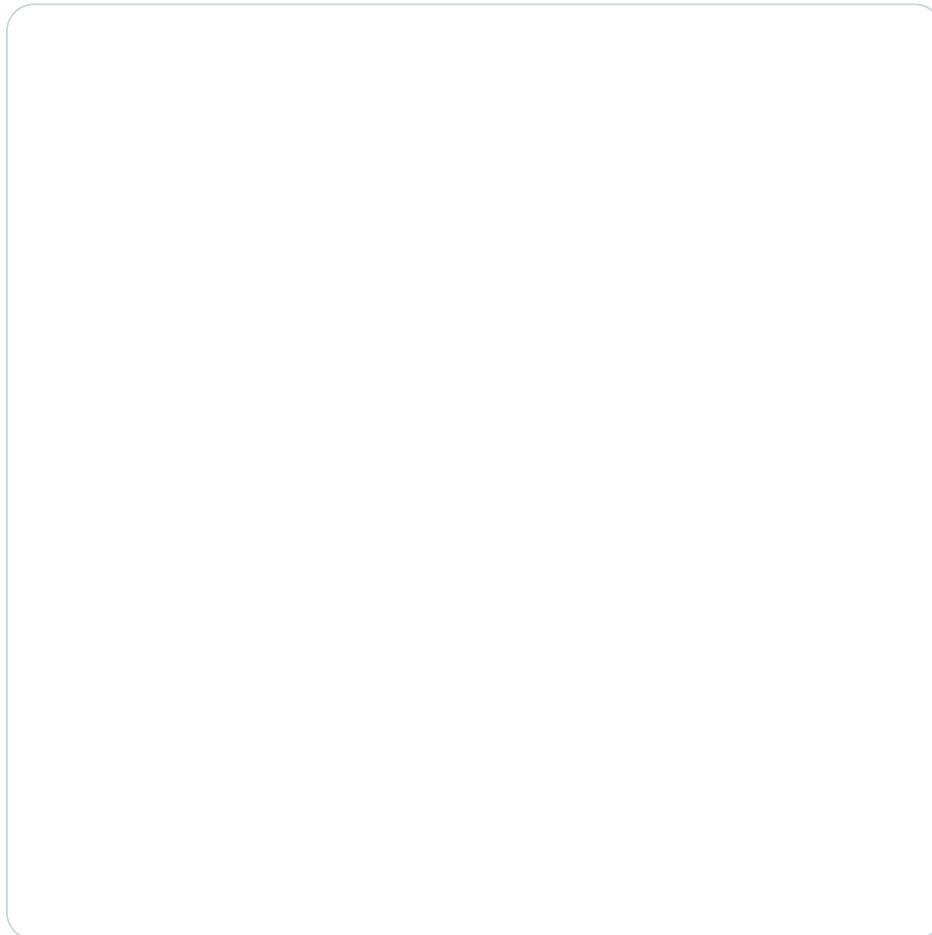
"I know for us, we even bought a bunch of garden seeds," said Coronado. "That's science right there! Don't overthink it. Don't think you have to do it by the text."



Annette Arroyo
@annette_wrx



Science project with the girls! #COVID2019
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Q & A with program facilitator on distance learning

MAY 13, 2020 BY **VALERIE MANN** — [LEAVE A COMMENT](#)

San Bernardino Unified School District teachers have transitioned from in-person teaching into an online setting to practice social distancing, as many other school districts have. Program facilitator Krista Bjur of Bob Holcomb Elementary School shared her experiences so far during this pandemic. Bjur has been working for 30 years and this is one of the biggest challenges for her since starting her career.

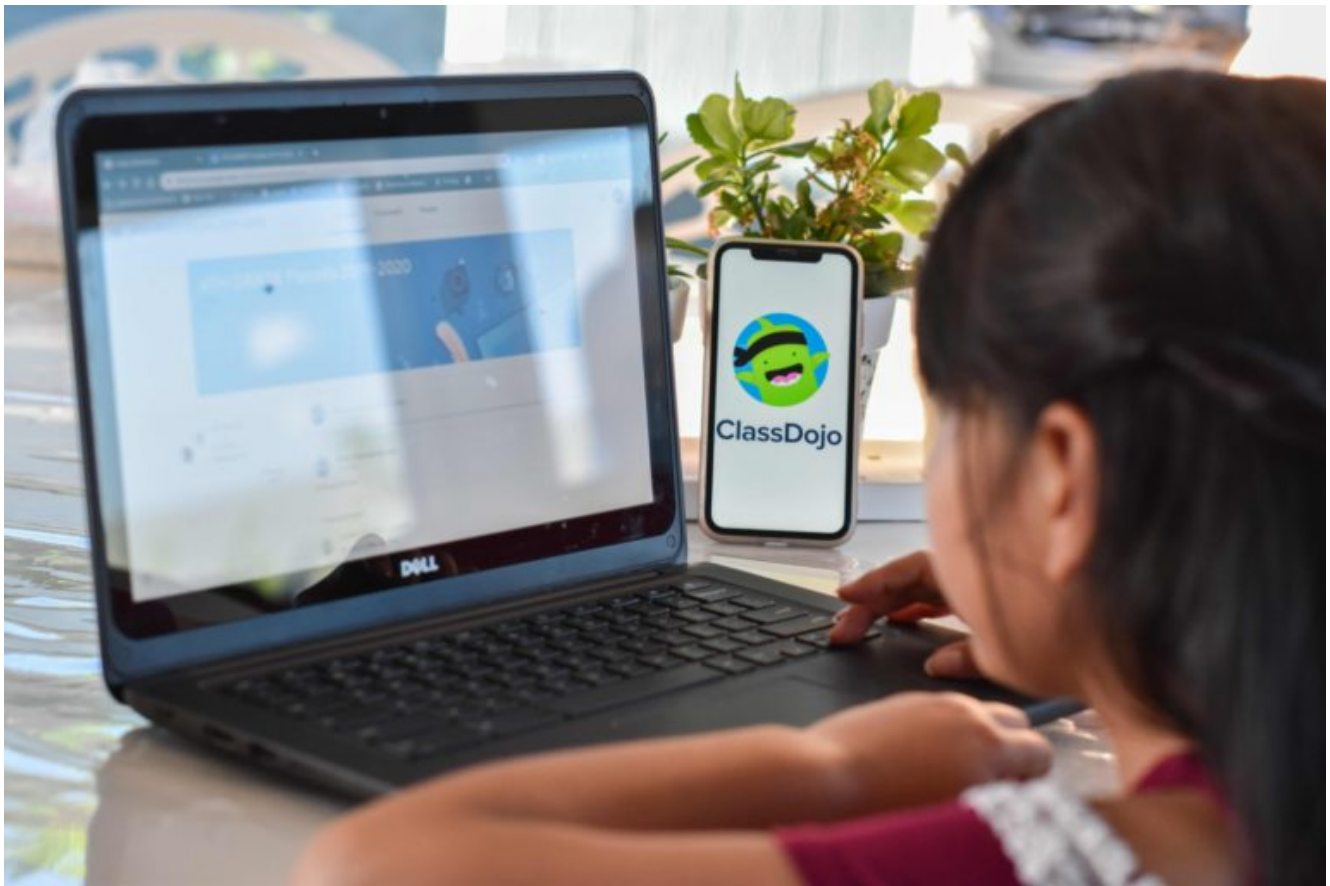


Photo by Citlaly Carlos

Q: What were the procedures that had to follow when the school closed due to COVID-19?

A: The first day we did not know ahead of time about the decision of the board members to close the schools. We found out during their board meeting on March 19 and by the time the decision was finally made, the student were out of school. Teachers were not notified until end of the day and told not to return. There were no procedures. First week, the district sent out a letter saying we will not be coming back after spring break. They started to put procedures in place so teachers were able to come back to school for one day to collect their curriculum for distance learning. During the two weeks, the department of elementary instruction at the district level started making plans and procedures and we are now working from home. Every teacher is training on how to set up Google Classroom and go completely digital. We were also taught how to use the Google Hangout platform, which is like a Zoom meeting, and we gave out computer devices with free Wi-Fi at the schools.

Q: How would you describe the district handling the crisis or transition during first weeks of schools closing?

A: Looking back, I wish they would have told us a couple of hours sooner, but the board meeting was in the afternoon that day. I am glad that our teachers from each grade level had a meeting with their grade and were working together to plan, which was nice and helpful.

Q: What did you have to do as a program facilitator?

A: First, I responded to emails and online questions from teachers if they had problems with the digital platform. Second, I contacted parents about digital learning and helped them get connected with devices and programs. Third, I attended Zoom meetings and calls while training for Google Classroom in case teachers have problems and need help.

Q: What new procedures are you using now due to pandemic?

A: We are getting digital learning started with Google Classroom, passing out devices to every student, and make sure that everyone is staying connected.

Q: What is the readiness plan if the school closes due to a future pandemic or outbreak?

A: We are delivering and structuring mobile online learning. In many ways, it teachers are learning how to teach in a different way now. I am hopeful it can change teachers' minds, who don't like technology or online learning, to feel confident and comfortable and be able to use these programs. I am curious about how long it will last and once teachers go back to the classroom, are they going to still use these tools of online learning or go back to their old ways of teaching? We will just have to wait and see.

Q: Is the district being proactive with newsletters or updates about COVID-19?

A: Once a week we get some information on updates, but we mostly get more information from our school principal because all principals from every school does a district online meeting every week. Our principal will announce updates or news to the staff, and I am very thankful we have a great principal who is very good at communicating any news or current events.

Q: How are students able to do learning from home? What happens if families can't afford laptops or other essentials like Wi-Fi?

A: Every student will get an electronic device. Students in grades three to six will be getting laptops or chrome books and kindergarten to second grade will have an iPad. In addition, every child will be getting headphones as well. The district will provide new laptops and iPads for the upcoming year for all schools.

Q: If students struggle with the online homework, how can they ask for help?

A: If a parent or sibling is home they can help with their learning. If not, the teachers will set up video office hours twice or three times a week to help students if they need extra help.

Q: Since the schools are closed for the remaining of the year what is going to happen with promotions or report cards?

A: State policy for elementary level is if a child is at grade level from the last report card in February, they will not get a low grade. However, if a child is below grade level, the student will have to do some work and make some effort, but to answer your question, we won't retain any student due to the pandemic.

Q: Is communicating with parents and students being effectively?

A: We provided a private Gmail address for each student so they can communicate with their teachers and we also have an app called Class Dojo, another source so parents and students can get updates from teachers. Class Dojo is a more kid-friendly way to stay connected.

Q: How is working from home affecting your ability to properly do your job?

A: After the first week of being off, I was watching the news every hour, feeling overwhelmed and stressed. Once I can go back to work, I will try to manage my time wisely online for questions or concerns from teachers, parents or staff. I'm usually on the computer for about five to six hours every day, except on weekends. Right now, I am doing okay and keeping myself busy by walking my dog or baking. Overall, I am taking one day at a time and I love my job.

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Students have epiphanies in the midst of social distancing

MAY 13, 2020 BY **JOSIE DE VERA** — [LEAVE A COMMENT](#)

It has been two months since universities began to temporarily close their doors. Students were sent home for the remainder of the school year and continued to learn in an online setting. As students faced distress to what life would be like while social distancing, others started to realize new things.



Family time during quarantine. by Angel Martinez Morales

Freshman Pre-Nursing major, Ariele Regondola, said, "All I knew was that I had to move out of my dorm and go back to my actual household in Riverside."

Like many students, Regondola was left with many questions and so much uncertainty as to how the rest of the school year would progress.

In the early stages of the pandemic, many people were simply told to stay home and social distance as much as possible. This task seems simple enough, however, having more free time is a foreign concept to those with fast paced lives.

As college students with extremely busy schedules, they were all used to completing one task after another with hardly any breaks in between. From managing busy school weeks with work schedules and social lives, they were used to having very little time to themselves. Whether it be finding a moment to simply lay around or practice some favorite hobbies, every task or event was carefully planned. The enforcement of quarantine has caused students to slow down their lives and has given them an opportunity to hit a pause button.

Many students are having a difficult time finding productivity at home and fear not doing well in their classes due to the online transition.

Senior Nursing major, Trish Manalili, said, "Being unproductive is due to having all the time, with no pressure and stress, which leads to procrastination and I slack more with my responsibilities."

Manalili feels that sometimes having more time can often lead to leaving things to the last minute and putting off more responsibilities.

As time went on, many students began to feel grateful for the extra time they've been given. They began to rediscover the things they used to love doing like reading, baking, exercising and more.

Vivienne Huynh, a Junior majoring in Psychology, said, "I kind of realized how I'm always in a rush to do things and it makes me feel overworked, but now I've learned that I can still do everything I want and take the time to do it without rushing."

It took a little time, but people started to get used to the fact that they will be living a slower paced, more sedentary life for a while. Many students started to realize that more time doesn't necessarily have to mean a decrease in productivity. In fact, with more time they get to accomplish more of the things they love to do that they've been putting off because they were too busy.

Although they miss being with their friends and having the freedom to go wherever, whenever they wanted, they've begun to realize how fortunate they are to have had time with their friends and family.

As Manalili said, "I realized how privileged we all are and how we took advantage of small, little things. We were all not aware that what we had before this pandemic were all precious moments with the people that are dear to us."

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Ways to practice wellness at home

MAY 13, 2020 BY **SANDRA RAMIREZ** — [LEAVE A COMMENT](#)

Self-care routines can be beneficial to have in this time of a pandemic. Since social distancing practices to slow the spread of COVID-19 has left many with uneasiness, wellness practices have become a part of people's routines.



Home projects can help contribute to physical and mental health. Photo by Citlaly Carlos

There are many ways to take care of your mind and body all while still social distancing at home.

Having structure in your day allows you to feel productive and allows you to get what you need to get done. Adding structure in your day can also help relieve feelings of anxiety.

"When quarantine first started I was sleeping late and waking up even later, there was no structure in my day," said Bianca Ruvalcaba, a Senior on campus. "I noticed that about two weeks in I started to feel kind of depressed, and unmotivated. By week three of quarantine, I decided to stick to a consistent schedule and now I feel like I'm back to my regular self."

Another way to keep your mind and body healthy during this pandemic is by being active and working out. Currently, the gyms are closed but who's to say that you can't have a great workout from home? There are plenty of resources available, such as online Zoom workouts hosted by fit camps and gyms. Youtube also has a wide variety of home workouts, some being only twenty minutes long.

"I was highly upset that the gyms closed because I had never tried to workout from home," said Fontana resident, Braulio Gonzalez. "I thought, well there goes my two months of progress, but I have been doing Youtube workouts these last four weeks and, honestly, they aren't bad at all. These Youtube workouts are basically what's getting me by."

Another self care tip during this pandemic is to start a project you've always wanted to start. For some, now is the time to clean out that closet you've always wanted to clean out. Others might find joy in starting a new project around the house such as painting the backyard fence. Having something to do will help you feel productive.

"My dad and I decided to finally clean out the garage," said Katherine Lyttle, a Riverside resident. "We had been holding off on doing this for such a long time now. It did take us about six hours to clean, but we got it done and relaxed after. We definitely felt amazing afterwards."

By focusing on having a consistent schedule, a solid workout routine and keeping yourself busy with projects around the house, you are contributing to your overall mental and physical health.

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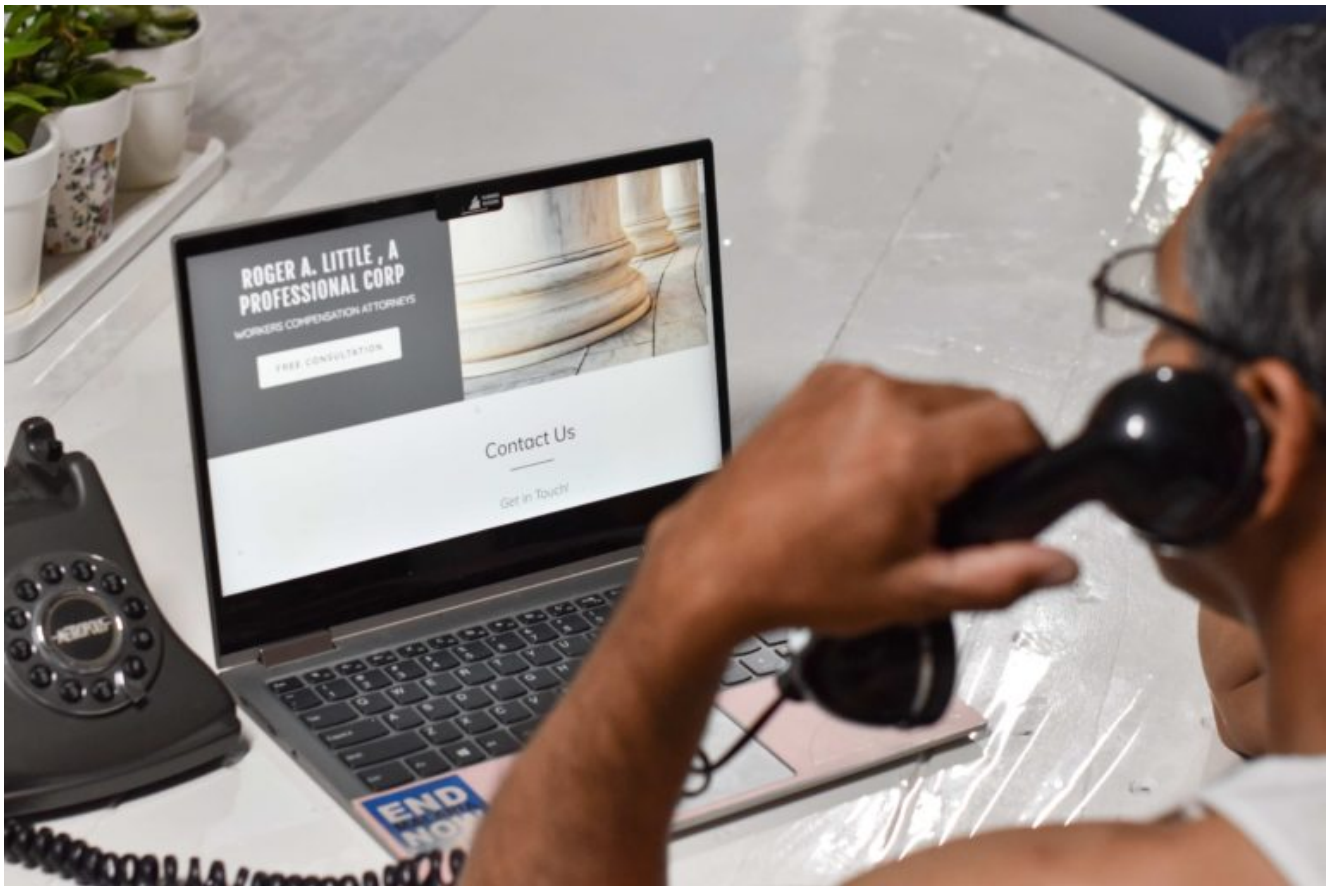
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Local law firm adjusts to pandemic

MAY 13, 2020 BY **ELISABETH MARTINEZ** — [LEAVE A COMMENT](#)

The Law Offices of Roger A. Little is a small and personal law firm that focuses its practice on workers compensation, and they have been adapting to new work methods in order to continue functioning during this COVID-19 pandemic.



Clients continue communication with The Law Offices of Roger A. Little through phone calls or their website. Photo by Photo by Citlaly Carlos

"This pandemic really is a tragedy, and as a team we are learning how to move forward," shared Janet Little, the office manager and wife to Roger A. Little, the titular attorney.

The staff each have their own work stations and are equipped with all materials necessary for an office to run smoothly.

"Being a paperless office is really helping us in these moments because we have access to everything through our secure accounts and our staff can work from home and get the job done just as efficiently," shared Janet.

When it comes to court hearings, depositions and client interactions there have also been new forms of moving forward. Attorney Roger shared, "Our number one priority is our staff and clients safety. Anything that can be postponed will be and communication is being met through phone calls, or online meetings."

The Division of Workers' Compensation (DWC) and the Workers Compensation Appeals Board is now limiting their in-person appearances to protect the health and safety of their staff and community.

Starting May 4th, the DWC announced they will begin to hear all case-in-chief trials via the **individually assigned judge's conference lines**. Depositions are either being postponed or held through online services with applications such as Zoom.

"Our clients are our purpose, helping them get better and providing them a sense of security through their claim process," said Roger. "The office makes available many forms of communication such as phone calls, texts, emails, faxes, and physical mail."

With everyone working from home one can question if the communication between the staff is flowing efficiently or if any problems have been surfacing.

"I was worried in the beginning that we might get confused on work, but actually, I believe we have only strengthened our communication skills because we now, as a whole, review a daily report update on the work we do each day," said employee Victoria Diaz.

This global pandemic is causing some employees to relearn the basics, as many tasks are now being done electronically. For many who are used to hard copies and walk-ins, they have had to take a step back and learn how to submit forms to the court online.

"We have had situations in the past where we seldomly used the online filing system rather than in person, however due to the COVID-19 we have been forced to completely switch over to filing everything electronically," said Diaz.

All in all, some law firms are still moving forward and adapting to these new circumstances while keeping in mind safety. The Riverside Workers Compensation Appeals Board is following the California Department of Public Health (CDPH) recommendations and are also on stand-by for when they can also reopen completely.

Roger said, "Everyone is in this together and we are truly doing our best to make sure we keep moving forward."

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